

Jordan HighNote 11



Contact Us



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معاني الفصل الاول

2008

THE VISION

Edited by

Wa'eI Nsairat

أمي

الْحَبِيبَةِ

شَكَرًا

AWAZEL
LEARN 2 BE

Unit one

pick up	To receive (a broadcast).	يستقبل
bring about	To cause something to happen.	يسبب
point out	To tell someone something you think they don't know. To draw the attention	يشير الى ما هو غير معروف
make out	To see something with difficulty.	يرى بصعوبة
wipe out	To destroy something completely.	يدمر
get across	To successfully communicate a message/an idea.	يوضح
spell out	To explain something very clearly.	يفسر بالتفصيل
come across	To meet or find something by chance	يجد مصادفة
figure out	To solve a problem , To understand	يحل مشكلة
take in	To understand and remember something you are told To process	يتذكر - يفهم
groom	– to brush and clean fur	يصفف شعر
omnivore	– a living being that eats plants and animals	متعدد الغذاء
rival	– a person or group that competes with others	منافس
fire questions	To ask someone a lot of questions quickly.	يطرح اسئلة كثيرة
having the last word	To have to make the final point in a discussion or argument.	يقرر القرار النهائي
put somebody on the spot	To embarrass someone by forcing them	يركز على شخص ويحرجه
jump down somebody's throat	To react angrily to something someone has said	يغضب
not get a word in edgeways	To be unable to say anything because someone else is talking all the time.	لا يستطيع التحدث
refuse to let something drop	To not stop talking about a particular subject	لا يتوقف عن الحديث
terrified	frightened	خائف
astonished	surprised	مندهش
exasperated	annoyed	منزعج
livid	furious	متحمس- منفعل
tense	nervous	معصب
ecstatic	thrilled	سعيد
bewildered	confused	مرتبك
devastated	sad	حزين

Unit two

solitary	usually alone, not with others	منعزل
nocturnal	awake and active at night	ليلي
slimy	covered in liquid and not nice to touch	لزج
furry	covered in thick, soft hair	مكسو بالفرو
marines	related to the sea	بحري
invertebrates	an animal without a backbone	اللافقاريات
dystopia	an imaginary place where life is extremely difficult	المدينة الفاسدة
poacher	someone who illegally catches animals	صياد غير قانوني
acid rain	rain that contains lots of pollutants	المطر الحمضي
fossil fuels	examples of this are coal, oil and gas	الوقود الأحفوري
global heating	the gradual increase in the Earth's temperature	ارتفاع درجات الحرارة
habitat loss	the disappearance of areas that are home to plants and animals	فقدان الموطن
exhaust fumes	poisonous gases produced by engines of non-electric vehicles	الدخان العادم
endangered species	types of animals in danger of extinction	الحيوانات مهددة بالإنقراض
water scarcity	lack of water	شح المياه
renewable energy	power produced by wind, sunect	الطاقة المتجددة
wind turbine	a machine used to produce electric power	توربينات الرياح
toxic waste	chemicals and other harmful waste products	النفايات السامة
ozone layer	part of the stratosphere which limits the amount of ultraviolet radiation reaching the Earth	طبقة الأوزون
greenhouse effect	process by which gases trapped in the atmosphere cause the planet to heat up	انبعاثات البيوت البلاستيكية
soil erosion	gradual destruction of the land by weather or people	انجراف التربة

Unit three

make ends meet subsistence hand to mouth	to have just enough money to buy what you need	الاكتفاء المالي
living day-to-day	dealing with things without thinking about the future	الكفاف - قوت اليوم دون التفكير بالغد
malnourished	skinny - very thin	سيء - نحيف التغذية
go hungry	don't have enough food	يجوع
gathered together huddled together	sat or stood very close to other people	يجتمعوا معا
feel at home sense of belonging	be comfortable in a particular place	يشعر وكأنه في بيته - شعور الانتماء
beg	ask for money or food from strangers	يتسول
housekeeper	a person whose job is to look after a house	مدبرة المنزل
orphan	a child whose parents have died	يتيم
conceited	constantly telling people how great you are	مغرور - متباهي بنفسه
pushy	determined to get what you want	مصمم على هدفه
passionate	feeling very strongly about something	مهووس بشيء
modest	not talking in a proud way about your achievements	متواضع
hypocritical	saying one thing, but doing something different pretending to be a good person or to believe in something you do not really believe	متناقض منافق
trustworthy	can always be trusted	موثوق
tough	able to deal with difficult situations	متكيف - قوي - صلب
bigoted	intolerant of other people's beliefs and practices	متعصب
immature	behaving in a way that is not sensible for your age	غير ناضج
charming	very pleasing	انيق / جذاب
dedicated	working very hard at something because you think it is important	- يعمل بجد مخلص
sincere	honest, really believing in what you say	صادق - واثق بكلامه

compassionate	kind and sympathetic to people who have problems	رحيم - حنون
idealistic	believing in ideas that cannot be achieved in real life	وهمي - حالم
inspirational	giving you the idea to be as good or successful as possible	ملهم
capable	having the skills and ability to do something	قادر على
decent	honest and good	صديق / خلوق
wasn't doing me any favour	wasn't helpful to me	غير مفيد لي
things don't immediately go my way	things don't immediately happen in the way I want	لا تجري الأمور كما أريد
turn out to be positive in the long run	happen in a positive way or have a positive result later in the future, not immediately	له أثر إيجابي في المستقبل
the value of sticking at something	the importance of continuing to do something in a determined way in order to achieve something	قيمة الاستمرار لتحقيق الهدف
capable	having the skills and ability to do something	قادر على
decent	honest and good	صديق / خلوق
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be the peacemaker	to help other people to resolve an argument	يحل الخلافات
make a fuss of somebody	to give someone a lot of attention	يهتم بـ
Negative phrases		
wind somebody up	say things to annoy somebody	يزعج أو يستفز شخص ما
blow things out of proportion	react as if what has happened is much worse than it is	يبالغ بردة الفعل
show off	try and impress somebody	يتفاخر / يتباهى
burst into tears	suddenly start crying	ينفجر بالبكاء
mess about	behave in a silly way	يتصرف بشكل ساخر
have a go at somebody	criticise someone	ينتقد شخص

tell somebody off	speak to somebody angrily about something wrong that they have done	يوبخ شخص ما
Unit four		
hard-hitting	includes strong criticism	نقد قوي اللهجة
quirky	unusual in an interesting way	ممتع و غريب
heartbreaking	very sad	محزن جدا
newsworthy	interesting enough to be reported	يستحق النشر
balanced	considering all sides equally	متوازن
topical	related to things that are happening	يحدث الآن
off the record	not meant to be publicly reported	غير مجهز للنشر
sensational	shocking and exciting , not serious	يحاكي مثير جدا المشاعر -
exclusive	(a news story) published only in one place	حصري
heartwarming	causing feelings of happiness	مبهج
subject matter	what people are talking or writing about in art, pictures, etc.	موضوع
poignant	causing a feeling of sadness	يسبب بالحزن
capture	succeed in showing something using pictures	يوضح بالصور
landscape	a view of the land or countryside	منظر طبيعي
crop	remove parts of a picture, leaving the most important parts	يقص صورة
pose	stay in a particular position for a photo or painting	يأخذ وضعية معينة
evoke	Make someone remember or feel an emotion	يثير المشاعر
peer	to look at something closely and carefully	يمعن النظر
glance	to take a quick look at something	يأخذ نظرة سريعة- يلمح
spot	to notice something or someone	يلاحظ
bellow	to shout angrily in a low deep voice	يصرخ بغضب
yell	to shout loudly, because you are excited or angry	يصرخ بصوت عالي
mutter	to speak so quietly that you cannot be heard easily	يتمتم
race	to go somewhere as quickly as possible	يجري - يسابق
wander	to walk in a casual way, often in no particular direction	يتجول / يتسكع
fake news	news that is not true or from unreliable sources	أخبار مزيفة
urban myth	a story that is usually completely false, though it may be based on some truth. It often has some elements of humour and/or horror	خرافة شائعة قد تكون مضحكة أو مخيفة

جماعة انجاليبي عربي

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Carry a message	يحمل رسالة	Hit it off	ينسجم مع	
Convey a message	ينقل رسالة	Strike up a conversation	يبدأ بالحوار	
Deliver a message	يستلم رسالة	Paying somebody a compliment	يمدح	
Pass on a message	ينقل معلومة	come across	يتصرف	
Spread a message	يعمم معلومة	make impression	يكون انطباع	
Make contact	ينجح بالتواصل	take to	يبدأ بالتواصل	
Establish contact	يقيم اتصالات مباشرة	small talk	حوار صغير	
Lose contact	يفقد الاتصال	have laugh	يمزح	
Maintain contact	يستمر بالتواصل	create bond	يتشارك	
Lose touch	يفقد التواصل	responsible for	مسؤول عن	
Stay in touch	يبقى على تواصل	nodding	ايحانات - اشارات	
Manage emotions	يتحكم بمشاعره	fixed	ثابت	
Get into conflict	يبدأ بمشكلة	diary	مذكرات	
Conflict	صراع	release	تقليل	
acid rain	المطر الحمضي	ozone layer	طبقة الأوزون	
greenhouse effect / gases	إنبعاثات البيوت البلاستيكية	water scarcity	عجز المياه	
exhaust fumes	دخان السيارات	soil erosion	إنجراف التربة	
fossil fuels	الوقود الأحفوري	climate change	تغير المناخ	
habitat loss	فقدان الموطن	wind turbines	توربينات الرياح	
territorial rain	مطر استوائي	volcanic eruptions	انفجار بركاني	
toxic waste	النفايات السامة	global warming	الإحتباس الحراري	
endangered species	أنواع من الحيوانات مهددة بالإنقراض	industrial waste	نفايات صناعية	
blistering heat	الحرارة الشديدة	renewable energy	الطاقة المتجددة	
blistering temperature		sub-zero temperatures	درجات الحرارة تحت الصفر	
boiling hot		torrential rain	الأمطار الغزيرة	
high temperature		get soaked	يتبلل تماما بالماء	
scorching heat		snowstorm	عاصفة ثلجية	
scorching weather		gale-force wind	الرياح العاصفة	
scorching temperatures		heavy rain	الأمطار الغزيرة	
soaring temperatures		heavy snow	الثلوج الكثيفة	
high humidity		الرطوبة العالية	freezing cold	شديد البرودة
heatwave		موجة حر	freak winds	رياح عاصفة ومفاجئة
drought	جفاف	stormy	عاصف	

freak weather	الطقس الغريب	windy	شديد الرياح
empathize with somebody	يتعاطف	freak temperature	تقلبات في درجات الحرارة
give somebody a compliment	يمدح شخص	have a go at somebody	ينتقد شخص ما
make up with somebody	يتكيف مع- يتصالح	make a fuss of somebody	- يمدح شخص يثير ضجة
put up with somebody/something	يتحمل شخص	mess about	يتصرف بطريقة ساذجة
talk behind somebody's back	يستغيب شخص	show off	يتباهى
fall out with somebody	يتخاصم مع شخص	tell somebody off	يوبخ
let somebody down	يخذل	wind somebody up	يستفز
lose(your) temper	يفقد اعصابه	be the peacemaker	مصلح
make fun of somebody /something	يستهزئ	blow things out of proportion	يضخم- يبالغ بردة الفعل
capable	قادر على	bigoted	متعصب
charming	أنيق	conceited	مغرور
compassionate	حنون -رحيم	defensive	دائما يبهر الامور
decent	لطيف - لائق - أمين	hypocritical	منافق- متناقض
dedicated	مخلص	immature	غير ناضج
idealistic	حالم - خيالي	loathed	مكروه - بغيض
inspirational	ملهم - يرفع المعنويات	in the long run	مع مرور الوقت
modest	متواضع	make ends meet	يغطي النفقات
passionate	مهوروس	stick at something	يلتزم بفعل شيء ما رغم صعوبته
sincere	مخلص	turn out	تتحول (بشكل غير متوقع)
trustworthy	يمكن الوثوق به	living day-to-day	يعيش كل يوم بيومه
shining	مشرق	achieve something against all the odds	يحقق كل شيء رغم كل العقبات أو الصعاب
idolized	معجب ب	Beg (v)	يتسول

pedestal	ركيزة - أساس	skinny	نحيف جدا
pushy	مصمم على	hand-to-mouth	عيشة كفاف
tough	صلب - قوي	subsistence	عيشة كفاف (يحصل على قوت يومه)
Academically gifted	موهوب أكاديميا	lost in thought	غارق بالتفكير
Be challenged enough	يتم تحفيزه	one day at a time	يوم بيوم
Clash between you and sibling	صراع بينك وبين أخيك	Flunking an important exam	الرسوب في إمتحان مهم
Colic	مغص المعدة	Relocation to a different town country	الإنتقال إلى حي أو بلد مختلف
Go my way	تمشي الأمور كما أريد	Gather together	يجتمعوا معا
Do somebody a favour	أصنع لأحد معروفا	Go online	يتصل بالإنترنت
Handle a situation	يعالج الموقف - يتعامل مع	Get the bounce	يغادر
Have a hard time	يمر بوقت عصيب	Set a good / shining example of	- خير مثال على قدوة على
Feel at home	يشعر وكأنه بالمنزل - منتمي	Follow in somebody's footsteps	تقتدي بشخص
Malnourished	سوء التغذية - نحيف	Find somebody inspirational	تجد شخصا ما ملهما
Turn upside down	ينقلب رأسا على عقب	Look up to	احترام وتقدير لشخص ما
Plugged in	مشوش	Put somebody on a pedestal	تعتقد أن هذا الشخص ص هو شخص مركزي
A newborn baby in the family	طفل حديث الولادة	Admire	يحترم أو يقدر
A row with your best friend	نزاع بينك وبين صديقك المقرب	Idolise	يعجب بـ
Go hungry	يجوع	Hang up the phone	يغلق الخط
Huddle together	يجتمعوا متلاصقين	Ping (someone)	يرسل رسالة قصيرة
Loathe	يكره	clickbait headlines	عناوين جذابة بروابط الكترونية
Despise	يحقر	go viral	ينتشر بسرعة
Look down on	يهين - يحقر	generate revenue	ينتج إيرادات
Be a bad influence (on somebody)	له تأثير سلبي على شخص ما	attention span	مدى الإهتمام
bizarre theory	نظرية عجيبة	shed light on something	يسلط الضوء على شيء
reveal the truth	يكشف الحقيقة	hit the headlines	يصبح خبرا رئيسيا
disapprove a theory	يرفض نظرية	in the public interest	المصلحة العامة
potentially embarrassing	يحتمل أن تكون محرجة	expose corruption	يكشف الفساد

discuss calmly	يناقش بهدوء	verify sources	يتحقق من المصادر
raise awareness	يزيد الوعي	present both sides of the story	يعرض جانبي القصة
refute the allegation	ينفي الإدعاء	report the incident (to the police)	يبلغ عن الحادثة
release a statement	يصدر بيانا	seize an opportunity	يغتزم الفرصة
devastating truth	حقيقة مؤلمة	laughed off the accusation	سخر من الإتهام - يستهزئ بالتهمة
melt your heart	يذيب قلبك حزنا	put something in (phr. v)	يقدم لشيء ما
hard-hitting	نقد قوي للهجة	come up with something (a solution) (phr v)	يتوصل إلى شيء / حل
quirky	غريب	crop	يقص
heartbreaking	- محزن - مفرح	capture an image	يلتقط صور
newsworthy	يستحق النشر	landscape photo	صورة منظر طبيعي
balanced	متوازن	pose	وضعية للصورة
topical	يحدث الآن	composed	مركبة
off the record	غير مجهز للنشر	evoke	يشير
sensational	مثير جدا - مهيج للمشاعر	poignant	مؤثر
exclusive	حصري	subject matter	موضوع
heartwarming	مبهج	spot something	يلاحظ شيء ما
yell	يصرخ	run out of	ينفذ من - يخرج م سرعا
bellow		peer	يمعن النظر
mumble	يتمتم	glance	يلقي نظرة
mutter		obviously	بوضوح
race	يسابق	theoretically	نظريا
wander	يتجول بلا هدف	disappointingly	مخيب للأمل
shuffle	يمشي متثاقلا	foolishly	بحماقة
snap	يتحرك مسرعا	presumably	من المحتمل
tiptoe	يمشي على أطراف أصابعه	apparently	كما يبدو
watch	يشاهد	fortunately	لحسن الحظ
stare	يحدق	unbelievably	بشكل لا يصدق
Personally	بشكل شخصي	surely	بشكل مؤكد
Clearly	بوضوح	critically endangered	مهدة بالإنقراض بشكل خطير
become extinct	ينقرض		
natural predator	العدو المفترس		

Synonyms

The words	The first synonym	
decrease (v) ينقص	drop	go down
fake (n) مزيف	fraud احتيال	hoax خداع
reliable موثوق به	dependable	trustworthy
mystery لغز / غموض	enigma	puzzle
signs علامات	clues أدلة	hints تلميحات
state (v) يصرح	claim يدعي	maintain يحافظ
strange غريب	bizarre	weird
uncover يكشف	expose	reveal

Adjectives with (problems)

		Problem
Complex	معقد	
Ideal	مثالي	
Fundamental	اساسي	
Minor	فرعي - صغير	
Pressing -urgent	ملحة	

Adjectives with (solution)

		Solution
Realistic	واقعي	
Significant	مثير	
Simple	بسيط	
Workable	عملي	
Viable	ناجح	

Verbs with (problem)

		Problem
Address	يحاكي	
Deal with	يتعامل مع	
Face	يواجه	
Tackle	يواجه	
Contribute to	يساهم ب	

Verbs with (solution)

		Solution
Implement	ينفذ	
Offer	يقدم عرض	
Provide	يزود	

Verbs with prepositions

stare	at
posed	for
Learn	about
Rely	on
Control	
Direct	to

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Functions

Anxiety		
It's been keeping me up	انا قلق	I have been worrying about
I am worried sick	منزعج جدا	I am concerned with
Relief		
I can breath a sigh of belief	اشعر بالاطمئنان	It is a relief
That's a weight of my mind		
Thank goodness		
Annoyance and frustration		
It's driving me up the wall	انا معصب	I am completely fed up with
It gets on my nerves		
I have had it up to here		
Surprise or disbelief		
You have got to be kidding me	مش مصدق	I don't believe you
Get out of here	انا مندهش	
Who would have thought of it	فكرة لا تخطر بالبال	
Sadness		
I am feeling a bit blue	اشعر بالحزن	
I am feeling a bit down		
I am heartbroken		
Happiness		
I am walking on air	انا سعيد	I am so happy
I cant stop smiling		

What's the worst that could happen?	ما اسوء ما يمكن حصوله
There is no need to worry	انه محزن
I am sorry to hear that that's awful	
I'm really pleased for you.	انا متعاطف معك- سعيد لاجلك
What a pain!	يا للالم
I'm so sorry to hear that.	اعتذر- لسماع ذلك
I know, right?	اعرف
I don't blame you.	لا الومك

SPEAKING | Problem-solving

Expressing indecision للتعبير عن التردد

I'm torn between ... and ...

أنا مشوش / محتار بين

I'm on the fence (about) ...

لا أستطيع أن أقرر

I'm having second thoughts.

ساعيد النظر أو التفكير

I can't make up my mind .

لا أستطيع أن أقرر / ما زلت محتار

On the one hand, ... but on the other hand, ...

من جهة ما / ومن جهة أخرى

I can't put my finger on it, but ...

لا أستطيع أن أقول ما هو خطأ أو غير طبيعي

Expressing agreement للتعبير عن الموافقة

You're spot on!

أنت على حق

That's what I was going to say!

هذا ما كنت سأقوله

Absolutely!

بالطبع

Expressing disagreement للتعبير عن عدم الموافقة

It doesn't grab me.

لم تشدني الفكرة

I think we're on the wrong track

أظن أننا في المسار الخطأ

That's a good point, but ...

هذه نقطة جيدة لكن

Ok, but another option might be ...

حسنا لكن خيارنا الثاني ممكن ان يكون

Seriously?!

حقا؟

Reaching a decision للتعبير عن الوصول لقرار

So, let's make a decision on this.

لنأخذ قرار على هذا الأمر

Okay, so shall we go with?

حسنا دعنا نكمل

It looks as if we agree that ...

يبدو كما لو أننا إتفقنا أن

Signpostings	Arabic meanings	Functions	معنى الاستخدام
I'm going to be talking about ...	سأتحدث عن ...	introducing the topic	مقدمة الموضوع
In other words, ...	بمعنى آخر....	paraphrase	اعادة صياغة الموضوع
The second thing is ...	الشيء الثاني هو ...	another example	اعطاء مثال اضافي
... whereas ...	بينما	sequencing an argument	تسلسل منطقي لافكار متناقضة
So, to sum up, ...	تلخيصا لما سبق ...	concluding	استنتاج

التعميم Generalising

Talking about what you think is generally true.

* لتعميم ما نعتقد انه صحيح بالمطلق.

The phrases	The meaning	Example
On the whole, ...	على العموم ، بشكل عام	On the whole , I don't like taking risk.
In general, ...	بشكل عام	In general , I'm very calm person.
In some / many / most cases	في بعض ، العديد ، معظم الأحيان	In some/many/most cases , it's quicker to send an email than to talk on the phone.
Broadly speaking ...	بشكل عام	Broadly speaking , Gen Z have an entrepreneurial spirit.
By and large ...	عموما	By and large , young people do more sport.
More often than not ...	أغلب الأحيان	More often than not , young people communicate using messaging apps.
Nine times out of ten ...	90 بالمئة	Nine times out of ten , I agree with her, but this time I think she's wrong.
90 percent of the time ...		90 percent of the time , I include emoji.
To some / a great extent ...	إلى حد ما ، إلى حد كبير	To some/a great extent , electronic devices are a distraction in the classroom.
Tend of think / say / believe	يميل إلى الاعتقاد ، يقول ، يعتقد	Older people tend to think/ say / believe that teenagers spend too much time relaxing.
There's a tendency for .. to	هناك رغبة من قبل ... ل	There's a tendency for elderly people to be suspicious of the internet.

Acknowledging that you are generalising.

* الاقرار بالتعميم

The phrases	The meanings	Examples
This is a bit of a sweeping statement, but ...	هذا تعميم تام ولكن	This is a bit of a sweeping statement , but younger people often take offence easily
I may be over generalising, but ...	قد أكون مبالغا في التعميم ولكن ..	I may be over generalising, but I think young people are losing the art of conversation.
You might think this is an over generalisation, but ...	قد تعتقد أنني مبالغ بالتعميم ولكن ...	You might think this is an over generalisation, but old people can't handle technology.

Saying that an anecdote is about to start

إخبار بأن القصة على وشك البدء

1. You'll never believe what happened to me the other day.
2. That reminds me of (a time when) the pop star I met in my local supermarket.
3. Have I ever told you about the time we went to England?
4. A friend of a friend told me this story.

Giving background information

إعطاء معلومات أساسية

1. I was travelling down to Amman on the bus, when...
2. Well, I'm not sure if you know my colleague, Sameer, but he's actually related to a famous actor!
3. There was this guy who ...

Introducing a turning point تقديم نقطة التحول

1. Anyway, to cut a long story short, ...
2. Suddenly, I heard a loud noise
3. No sooner had I got on the bus than I noticed it was going on in the wrong direction
4. Hardly had we ... when ...
5. It turned out that the bus was express service to Aqaba
6. Before we knew what was happening, the train pulled out of the station
7. Guess what?

Showing the speaker's attitude إظهار سلوك المتحدث

1. Obviously, I was a bit taken aback. (surprised at)
2. I couldn't believe what was happening.
3. Obviously, he was trying to travel without a ticket
Presumably, he had left his wallet in the taxi
Unbelievably, he had spent the whole journey sleeping
4. And then, to top it all, I had lost my wallet!
5. I mean – I've done it, haven't you?
6. No word of a lie!
7. Would you believe it?

Rounding off the anecdote إنهاء القصة

1. It was probably the most embarrassing moment of my life!
2. I'll never forget ...
3. I'll never ... again.